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# CHILDREN'S DEPARTMENT

IN CHARGE OF  
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## THE FEEDING OF CHILDREN

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(Continued)

### FOOD FOR CHILDREN FROM ONE TO FIVE YEARS OF AGE.

THE most important period in a child's life with regard to its food is the first few months. It may take months if not years to make good the loss that faulty methods of feeding cause during this time. But every day older the child grows, providing it is doing well, is one step towards a safety-point. When the child gets to weigh eighteen to twenty pounds it has some resisting power to fall back upon in case of a serious intestinal disturbance. This is easily seen, for example, in some statistics from Berlin: five thousand two hundred and sixty-seven persons died from diarrhœa, or twenty-one per cent. of the whole mortality, and of these four thousand six hundred and ninety-two were under one year, or eighty-nine per cent. of all the cases of diarrhœa. So that from one to five years is a comparatively safe period in the child's existence so far as intestinal disorders are concerned.

In almost all cases the child either has been or should have been weaned when a year old. The surest indicators of a child's condition are its weight and the color of the lips. If the weight is stationary for some weeks, or if the child is losing weight, or if the lips are unnaturally pale in the absence of any disease, then maternal nursing should be supplemented by some other food. In order to make weaning easy, the child should be accustomed from the first weeks of its life to take water from a bottle. It is well to do this anyway, for the child can be thirsty without being hungry, and especially so in summer, when there is need of extra water to make up for the extra perspiration. It is also well during the summer to follow the teaching of Jacobi and offer water to infants frequently, and on the hottest days to add five or ten drops of whiskey and a little sugar. Provided then the child is nine months to one year old, or before that if the weight or lips indicate it, the infant should receive, in addition to the breast milk, cow's milk diluted in some of the many ways. There is not so much necessity of giving one of the more accurate modifications of milk

(that is the top milk, or cream, modifications) in this case, as the child is in all probability getting enough fat from the mother's milk.

The milk should be diluted then at the start with three or four times as much water, and enough sugar added to make it sweet. At this time the child should be fed five to six times a day at intervals of three to three and one-half hours. And the bottle should be given at the time nearest to the delivery of the milk that it can be prepared, in order to have it as fresh as possible. For example, the infant can be nursed at six A.M., bottle fed at nine A.M., nursed again at twelve noon, and at three, six, and nine P.M. The quantity given at one time should be about eight ounces—that is, six ounces of water and two ounces of milk. If all goes well, then the intervals between the feedings should be made three and one-half hours—five feedings given and another bottle added. For example, nursed at six A.M.; bottle at nine-thirty A.M.; nursed at one P.M.; bottle at four-thirty P.M., and nursed again at eight P.M. In this way more bottles may be gradually added, and the strength of the milk may be gradually increased.

Instead of using cane- or milk-sugar to sweeten the milk, it may be diluted with oatmeal-, barley-, or rice-water, or one of the proprietary foods may be added.

The oatmeal-, barley-, or rice-water should be made by adding to a quart of water a tablespoonful of the grain or flour, boiling for four to six hours, keeping the total quantity at one pint and straining the mixture through cloth. The partially prepared foods, such as Robinson's patent barley, do not need to be boiled so long. The proprietary foods all have more or less the same composition and should be used in about the same amounts,—that is, one or two teaspoonfuls to a bottle. These foods are malted milk, Mellin's food, Eskay's food, Nestle's food, Just's food, cereal milk, imperial granum, etc. No mention has been made of sterilization or Pasteurization. This should be left to the physician in charge. There is much to be said for and against Pasteurizing the milk, and if the physician gives no directions and one can be moderately sure of the freshness of the milk, probably it would be better to give it raw or not heated except at the time of feeding, when it should be given to young children at the body temperature, or 98° F.

Supposing the baby has been entirely weaned, is one year old, and is on the same footing with the baby artificially fed. They should both have five meals a day, the hours for feeding depending upon how well the baby can be taught to sleep through the night and upon the convenience of the mother or nurse for giving the early morning feeding. If the baby will sleep from seven P.M. to seven A.M. it is best to have it do so and arrange the meals at three-hour intervals with the heaviest

meal at noon, somewhat as follows: seven A.M., ten to twelve ounces of milk or milk and gruel; nine A.M., orange-juice or the juice from stewed prunes; ten A.M., milk or milk and gruel; one P.M., part of a soft-boiled egg or tablespoonful of beef-juice, six ounces of milk; four P.M., ten to twelve ounces of milk or milk and gruel; seven P.M., ten to twelve ounces of milk, plain or with gruel. It may be that even by persistent efforts the baby cannot be made to sleep through from seven P.M. to seven A.M. Then the intervals might be made three and one-half hours, at six and nine-thirty A.M., one, four-thirty, and eight P.M. This should be the arrangement throughout the second year—five meals at intervals of three to three and one-half hours, with milk the main article of diet. Gradually during this time other articles may be added to the diet list in the order named.

1. A well-cooked gruel of oatmeal, cornmeal, hominy, rice, wheat-ena, etc., with cream and a little sugar.

2. Broths, with crackers, stale bread, or zwieback.

3. Soft-boiled or poached eggs.

4. Scraped beef or a finely chopped Hamburg steak.

5. Junket and plain jellies.

6. Baked potatoes and butter.

At twenty months, for example, menu might be:

Seven A.M., cracker and warm milk.

Nine-thirty to ten A.M., orange-juice or ripe peach (without skin), oatmeal with cream and sugar.

One P.M., scraped beef or Hamburg steak, baked potatoes, glass of milk.

Four P.M., crackers and milk.

Seven P.M., junket, bread and butter, milk.

The diet should be varied from day to day. If the child looks pale, more beef-juice or rare meat should be given; if constipated, more cream, fruit, oatmeal, or water.

From the third to the fifth year the meals should be cut to four a day, and vegetables, chicken, and fish may be added to the list. Vegetables should be thoroughly cooked.

*Breakfast.*—Fruit, cereal with cream and sugar, egg, bread and butter, glass of milk.

*Morning Lunch.*—Glass of milk and cracker.

*Dinner.*—Soup or broth, lamb chop, roast beef or mutton, always finely divided; baked potatoes, stewed celery, bread and butter, junket, jelly, ice-cream, or rice pudding.

*Supper.*—Milk toast, glass of milk.

(To be continued.)